

## November Nutritional Facts

### Fruits and Vegetables

Fruits and vegetables are essential in your diet. Choose a variety of fruits and vegetables daily. They provide many vitamins, minerals, and fiber, and they are low in calories and contain no fat. Each person's goal should be to eat at least 2 servings of fruit and 3 servings of vegetables every day. Variety is important. Choose different colors and kinds of fruits and vegetables.

The National Cancer Institute of the United States and the Produce for Better Health Foundation joined together in a partnership in 1991 to develop the 5 a Day for Better Health program. This is a nationwide educational program effort to encourage Americans to eat 5 or more serving of fruits and vegetables every day for better health. The 5 a Day program works through state public health departments, retail food stores, school classrooms and cafeterias, the military, and various media groups. The goal for this program is to educate the public about the benefits of fruits and vegetables and to demonstrate easy and delicious ways to fit more of them into ones diet.

Learning about serving sizes can help you to reach your 5 a Day goal with fruits and vegetables. Even if you eat a variety of foods, serving sizes are an important part of maintaining a healthful weight. Know serving sizes can help you gauge if you are eating enough food or eating too much.

Below are some examples of food and the amount of one serving.

#### Fruits:

1 medium apple or orange ( size of a tennis ball)

1 medium banana

½ cup cut-up, canned, or cooked fruits

¾ cup 100% fruit juice

#### Vegetables

1 cup raw leafy vegetables (the size of your fist)

½ cup other vegetables, chopped (raw or cooked)

¾ cup of vegetable juice